



ARIZONA DEPARTMENT OF HEALTH SERVICES

Guidance for Gyms and Fitness Providers

Per the Centers for Disease Control and Prevention (CDC) guidance, under all circumstances, the following precautions should be taken by *people utilizing gyms and other fitness venues*:

- [Stay home if you are sick.](#)
- Protect yourself while visiting gyms:
 - Avoid close contact and stay at least 6 feet away from others.
 - Wash your hands often, especially after leaving the gym, with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Cover your cough or sneeze with a tissue or your sleeve (not your hands) and immediately throw the tissue in the trash.
 - Consider the use of a cloth face coverings, when feasible, at the facility **but not while exercising**.
 - Coverings should not be placed on children less than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the cover without assistance.
 - Cloth face coverings should never be worn during exercise.
 - If possible, use touchless payment methods. If you must handle money, a card, or use a keypad, use hand sanitizer immediately after.
 - If you are at [higher risk](#) for severe illness, you should avoid visiting gyms and fitness providers. People at higher risk for [severe illness](#) include adults 65 or older and people of any age who have serious underlying medical conditions.

To the extent possible, gyms and fitness providers should take measures to ensure that employees and patrons follow these guidelines.

The Arizona Department of Health Services recommends the following additional steps be taken by *gyms and fitness providers*:

- Implement physical distancing precautions that maintain at least 6 feet between guests who do not live in the same household, when possible:
 - Operate with reduced occupancy and capacity based on the size of the facility.
 - Stagger the use of communal spaces and restrict common areas where people are likely to congregate and interact.
 - Arrange waiting areas, service areas, and break rooms to provide for appropriate physical distancing and sanitize areas regularly between use.
 - Enforce similar physical distancing requirements in employee-only spaces, such as dining rooms, uniform control areas, and shared office spaces.
 - Consider contactless check-ins.



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- Require online bookings for fitness classes and limit the size of the class to allow for appropriate physical distancing.
- Consider continuing to offer virtual classes or training, particularly for those at higher risk of severe illness.
- Arrange fitness equipment so that appropriate physical distancing can be adhered to.
- Ensure adequate equipment for guests to minimize sharing to the extent possible, or limiting the use of equipment to one user at a time and cleaning and disinfecting between use.
- Post signage at entrances about how to stop the spread of COVID-19, properly wash hands and practice other protective measures, as well as advising those with symptoms of illness to not enter.
- Ensure that ventilation systems of indoor spaces operate properly.
 - Increase the circulation of outdoor air as much as possible by opening windows and doors, using fans, or other methods.
- Ensure that all water systems like drinking fountains, decorative fountains, and hot tubs are safe to use [after a prolonged facility shut down](#) to minimize the risk of [Legionnaires' disease](#) and other waterborne diseases.
- Provide adequate supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60% alcohol, disinfecting wipes, tissues, and no-touch trash cans.
- Implement comprehensive sanitation protocols, including sanitizing gym equipment before and after every use.
 - Provide disposable disinfectant wipes, cleaner, or spray so that patrons can wipe down frequently touched surfaces on gym equipment.
 - Wipe any pens, counters, or hard surfaces between use or customer.
 - Consider removing equipment that is difficult to clean, such as yoga blocks and foam rollers.
 - Consider limiting gym hours to allow for proper sanitation.
 - Implement enhanced sanitation of locker room areas.
 - Require employees and patrons to clean out lockers nightly to facilitate overnight deep cleaning processes.
- Use a system that separates the already cleaned and disinfected items from the items that need to be cleaned and disinfected.
- See additional [CDC reopening guidance](#) on cleaning and disinfecting.

The list of EPA-approved disinfectant products for use against the virus that causes COVID-19 can be accessed [here](#).

The Arizona Department of Health Services recommends the following additional steps be taken for staff:

- Document and communicate flexible sick leave policies that permit adherence to public health isolation and quarantine guidance.
- Implement symptom screening for employees prior to the start of their shift.



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- Train all employees on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- Have employees maintain at least 6 feet separation from other individuals and ensure the use of cloth face coverings, when possible.
- Provide appropriate personal protective equipment (PPE) for employees in accordance with public health recommendations.
- Provide adequate supplies in employee workspaces to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60% alcohol, disinfecting wipes, tissues, and no-touch trash cans.
- Use disposable gloves while laundering towels and clothing and, in accordance with manufacturer's instructions, use the warmest allowable water temperature and ensure items are completely dried.
 - Do not shake used towels.
 - Clean and disinfect bins that hold used towels.
 - Wash hands right away after removing gloves and handling used towels.
 - Consider requiring guests to provide their own towels.

For additional guidance on cleaning, visit CDC's [Cleaning and Disinfecting Your Facility](#) page and CDC's [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#).

For COVID-19 questions, please call the Arizona COVID-19 Hotline at: 1-844-542-8201.